Sunkist Bulletin

Food Lesson Number 4
(1933 Series)

THE ADEQUATE DINNER

DINNER REQUIREMENTS. Dinner is served! This announcement introduces the main meal of the day. To be able to serve properly a well-cooked, well-balanced, adequate dinner is the supreme test of a good cook and a charming hostess. What foods should this meal offer and how should they be served?

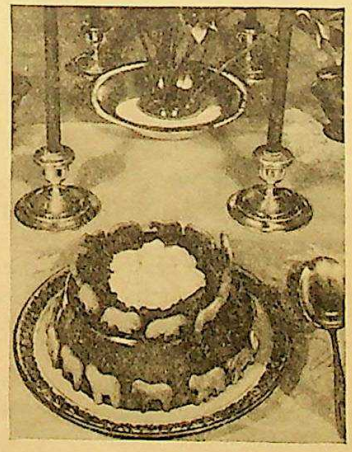
Dinner contains in its menu the heavy protein foods such as meat or fish and provides the most food both in quantity and variety.

Dinner menus should be planned to furnish any of the day's food requirements which have not been included in the breakfast or luncheon meal. Thus, if the preceding meals of the day have furnished but one or two servings of fruit, this meal should supply another serving. If an uncooked green leafy vegetable or the required amount of milk has not been served, these foods should appear in the dinner menu.

Present day custom gives this meal several courses, including: an appetizer first course or soup (omitted from the simpler menu), a meat and vegetable main course, a salad course and a dessert course. Bread and butter and one or more beverages complete the meal. Additional courses may appear at the formal dinner.

Foods served should provide a variety and contrast in flavor, as sweet and sour; in texture, as soft, crisp, succulent and good to chew; and in color and form. Similar foods, as several starchy dishes, are not served at the same meal. Concentrated foods accompany bulky foods, flavor foods accompany bland foods. A light course follows a heavy course; a cold course, a hot course, and so on.

Fruit may appear in each course in some form. If this form is sufficiently varied, it may, without undesirable repetition, appear in several courses of the same meal.



Orange Gelatine is a light dinner dessert suited to adults and children alike. Decorated with animal crackers, it becomes a novel guest dessert

(See page 2 for Dinner Menu Pattern or Guide, giving suggestions for this meal.)

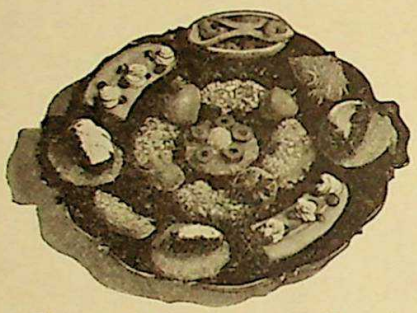
DINNER MENU PATTERN OR GUIDE

FOOD	VARIATIONS
Vegetable milk soup	Fruit cocktail *or* other appetizer
Broiled steak with lemon butter	Any not-too-fat meat (steak, broiled chops, chicken, fish)
Baked potatoes	Potatoes (other styles) *or* rice *or* macaroni
String beans	Any vegetable other than potatoes
Bread with butter	Rolls
Lettuce salad	Cole slaw, sliced tomatoes, grated carrots, *or* any fresh fruit salad
Chocolate pudding	Any dessert (simpler ones for children)
Lemonade	Fruit punch *or* milk to drink

Dinner furnishes from ⅓ to ½ of the day's food. Plan it to provide any of the day's food requirements not furnished by breakfast or luncheon.

Courses served include: appetizer or soup, meat with one or two vegetables, salad, dessert, one or more beverages, bread and butter. (Butter omitted at formal dinner, which may also include additional courses.)

Avoid monotony. If a fruit salad appears at one meal, serve a fruit beverage or dessert at the next. Vary vegetable servings similarly.



FRUIT HORS D'OEUVRES

Arrange groups of the following on a serving plate to be passed.

Orange Slices: Center orange slices with a pat of mayonnaise and garnish with slices of stuffed olive.

Orange Segments: Remove all membrane. Roll in toasted coconut.

Strawberries: Frost tips with fondant of powdered sugar and water.

Pineapple Sections: Roll in chopped nuts.

Dates and Prunes: Stuff with cream cheese. Serve on orange slices.

Banana Fingers: Marinate in lemon juice. Decorate with rosettes of whipped cream from pastry tube. Garnish with red jelly or rubyettes.

Lemon Baskets: Make from lemon rind and fill with salted nuts.

Especially Suitable Served For:
Dinner or luncheon first course. Special refreshments *(buffet service)*

LEMON WITH VEGETABLES *(Recipes Serve 6)*

Lemon juice combines with many vegetables to increase flavor, while lemon garnishes add a decorative note that makes these dishes more appetizing.

Lemon Butter for Vegetables: Cream together 2 tablespoons butter, ½ teaspoon salt, few grains paprika, ½ cup lemon juice. Serve over 3 cups hot diced vegetables.

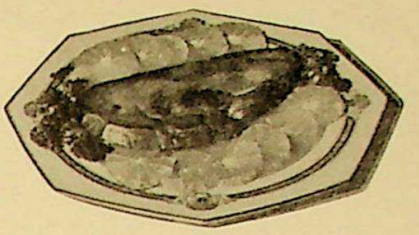
Cole Slaw or Lettuce with Lemon Dressing: Mix thoroughly ¾ teaspoon salt, dash pepper, 1½ tablespoons sugar, 6 tablespoons coffee cream and 3 tablespoons lemon juice. Combine with chopped or shredded cabbage or lettuce. Serve cold.

Spinach with Lemon: Add lemon juice to cooked spinach, allowing 1 tablespoon lemon juice to each cup cooked vegetable. Melted butter may also be added. Or spinach may be served with lemon garnish.

Especially Suitable Served For:
Dinner or luncheon with meat course
Cole Slaw and Spinach especially suited to child's diet

HAM WITH ORANGE *(Serves 6)*

6 servings fried ham
2 tablespoons flour
2 cups orange juice
Parsley
2 to 3 oranges for slices



Fry ham. For this number of servings a ham steak of about 1½ pounds will be required. Add flour to 2 tablespoons of fat from frying ham and cook until lightly browned. Add orange juice, stirring well to avoid lumps. Cook 5 minutes or until sauce is thick. Pour sauce around ham on serving dish. Garnish with parsley and orange slices.

LAMB CHOPS WITH ORANGES *(Serves 6)*

6 lamb, veal or pork chops
Melted butter
Sliced oranges
Salt
Pepper
Paprika

Trim fat from thick chops and dip in melted butter. Oil broiler well and broil chops 8 minutes. Turn and place a thick slice of peeled orange on each chop. Broil 8 or 10 minutes longer. Sprinkle generously with the seasonings. Serve hot.

Especially Suitable Served For:

Dinner meat course

ORANGE GELATINE *(Serves 6)*

2 tablespoons granulated gelatine
½ cup cold water
2 cups orange juice
1 tablespoon lemon juice
½ cup sugar
½ teaspoon grated orange rind
¼ teaspoon salt

Soak gelatine in cold water 5 minutes and dissolve over hot water. Add to orange juice, lemon juice, sugar, grated rind and salt and stir until dissolved. Turn into individual molds and chill. Decorate, if desired, with whipped cream and orange slices or segments.

ORANGE JELLY PARTY CAKE *(Serves 6)*

(See illustration on first page)

Make Orange Gelatine. Pour into cake-shaped mold. When firm, unmold and press animal crackers into sides to make border around top and bottom. Garnish with whipped cream.

Especially Suitable Served For:

Dinner or luncheon dessert
Refreshments for a child's party

LEMON BAVARIAN CRUMB CRUST PIE *(Makes 1 Pie)*

1 cup graham cracker crumbs, rolled fine
¼ cup butter, melted
⅓ cup sugar

Mix well. With back of spoon spread mixture over sides and bottom of an ungreased 7 or 8-inch pie pan. Crust will cut better if put in moderate oven (350° to 375° F.) until heated through, 7 to 10 minutes. But this is not necessary.

Soak for 30 minutes:

12 marshmallows, cut fine in
1 cup whipping cream

Soak also for 5 minutes:

1 tablespoon gelatine, in
¼ cup cold water

Add to:

¾ cup water, and
¾ cup sugar

which have been brought to a boil. Add:

¼ cup lemon juice

Let cool until beginning to stiffen. Then fold in whipping cream and marshmallows which have been beaten stiff. Pour into pie-crust and let stand until firm. If desired, sprinkle with colored sugar, just before serving.

Especially Suitable Served For:

Dinner or luncheon dessert
Evening party refreshments

BEEN TESTED BY A DISTINGUISHED HOME ECONOMICS TEACHER.

CITRUS FRUITS IN THE DINNER MENU. Oranges, lemons and grapefruit have a wide range of use in each of the dinner courses. Their tartness and decorative effect make them excellent appetizers, served in fruit cocktails and cups, first course salads, or the novel and popular fruit hors d'oeuvres.

Lemon garnishes, butters and sauces are standard accompaniments for the main course fish, meat and vegetable dishes. Lemon or orange juice may be used more commonly than is ordinarily done to increase flavor and palatability in the customary dinner vegetable dishes. Orange garnishes are excellent with many meats and fowls. Sherbets of these fruits go well with meats.

Citrus fruits are excellent additions to all types of salads and salad dressings. Fruit salads make delicious light desserts for a heartier dinner menu. Light fruit salads are good with the meat course.

Citrus fruit desserts range from fresh fruit combinations through fruit-flavored gelatines, custards, frozen desserts, puddings, dessert sauces, pies to cakes with fruit fillings and frostings.

Fruit ades and punches are popular and smart dinner beverages.

Citrus fruits in any of the courses where fresh fruit dishes may be used, provide valuable sources of the day's food requirements for vitamins, particularly vitamin C, which is lessened or destroyed by home cooking. These fruits are alkaline-ash foods and balance the good and necessary but acid-ash meats, cereals and pastries of the dinner meal. At least one fruit dish should be included in every dinner menu for the dietetic value and balance afforded. Citrus fruits should be served often.

QUESTIONS FOR REVIEW

What is the function of the dinner? How much of the day's food does it provide?
Give the courses served at an every day family dinner. At a formal dinner.
Name the courses in which fruit may be served. Illustrate with citrus fruit dishes.
What dietetic values do citrus fruits contribute to the dinner menu?

SUGGESTIONS TO THE TEACHER

Have the class work out a basic dinner pattern for each one's individual needs. A simple basic dinner pattern for an average high school student includes:

A protein or tissue-building food in the form of cheese, eggs, meat or meat substitute
A beverage, milk or fruit juice
2 vegetables (generous servings. One preferably a green leafy vegetable)
A fruit (either for first course, in a salad or as dessert)

Supplementary foods to meet the individual's needs

Have class review the food factors required in a well-balanced diet and coordinate individual basic patterns for breakfast, luncheon and dinner, comparing these three meals as a whole with the day's food requirements to see that they supply all essentials.

Have students see how economically they can prepare meals containing the basic needs of a dinner menu. This involves an interesting and valuable study of market conditions and seasonal changes in prices.

OFFER OF MATERIAL

For further information and recipes, send for a free copy of Sunkist Recipe Booklet to:

Educational Department
California Fruit Growers Exchange
Box 530, Station C
Los Angeles, California

(Printed in U. S. A.)